



FALL AWARENESS AND PREVENTION

Falls are the leading cause of injuries among adults 65 and older. Each year thousands of older Americans experience a fall that can result in a serious injury, disability or even death. Most accidents in the home can be prevented by eliminating hazards.

The following are some simple safety tips that will help ensure a safe living environment:

Personal Care

- Wear shoes that have good support and non-slip soles. Avoid wearing slippers.
- Get up slowly after you sit or lie down.
- Think about wearing an alarm device that will bring help in case you fall and can't get up (especially if you live alone).
- Have your vision checked at least once a year by an eye doctor.
- Have your nurse, provider or pharmacist review your prescriptions as some medications may make you sleepy or dizzy.

Stairs and Steps (Indoors and Outdoors)

- Make certain stairways, halls, entrances and outside steps are well-lit.
- Place handrails on both sides of the stairs.
- Keep objects off the stairs
- Keep outside walks clear of snow and ice in the winter.
- Make sure carpets or rubber treads are firmly attached to every step

If you can answer yes to any of these questions, you may be at risk for a fall. Please let your provider know immediately.

- Have you fallen in the past year?
- Do you feel unsteady when standing or walking?
- Do you worry about falling?

Bathroom

- Place night lights in bathroom and hallways for at night.
- Install grab bars next to your toilet and in the tub or shower.
- Use non-slip mats in the bathtub or shower.
- Use an elevated toilet seat or shower stool, if needed.

Bedroom

- Place a lamp, flashlight and extra batteries within easy reach of your bed.
- Make sure the path from your bed to the bathroom is lit.

Household

- Remove or move things that you can trip over from floors, stairs and walkways (papers, books, shoes, clothing, etc.).
- Improve the lighting in your home. Replace burned out bulbs.
- Remove small throw rugs or use double edge tape to keep rugs securely in place.
- Make sure carpet is firmly attached at all edges.
- Keep all electric cords and phone cords coiled, close to wall and away from walking areas.
- Clean up spills immediately.
- Use a sturdy step stool with a hand bar. Never use a chair to reach top cupboards.
- Be aware of where your pets are at all times.

For more information, call:

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